

The Allergic Tension-Fatigue Syndrome

Allergic (toxemia) tension-fatigue syndrome occurs commonly and is frequently unrecognized. It occurs in both children and adults, is usually due to food allergy, most commonly to milk, chocolate, wheat or corn, is more manifest in winter and may subside in summer for reasons that are obscure. Inhalant allergy is a less frequent cause, usually suspected because of seasonal co-incidence.

Symptoms include easy fatigability, respiratory tract allergy, gastrointestinal disorders, headache, tenseness, irritability, pallor, musculoskeletal aching and decreased cerebration, but any organ

system may be involved. One or more of these manifestations may be present.

A detailed history and elimination diet trial for a period of three to six weeks are required for diagnosis. Skin tests are seldom helpful. Allergy must be considered in a patient presenting these symptoms.

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